

# 2012

## Happy New Year!

January 2012

Volume 3, Issue 1



SHRI RAM CHANDRA MISSION



### Master's News



*Extracts from Echoes of India - January 2012*

**January 1, 2012** dawned with clear skies after a few days of dull and wet weather. The rains in the last two days had brought freshness to the atmosphere. The ashram was filled to the brim with abhyasis eager to get a glimpse of their beloved Master, to start afresh with renewed commitment and focus. When satsangh started the weather was clear but just after Master said, "That's all", it started to rain. What started as a drizzle picked up momentum and became a heavy downpour. Master was "forced" to stay and spend time with all of us in the meditation hall.

Br. Chakrapani spoke in Tamil; he said that how Master helps as well as enjoys seeing us grow just as a baby is helped by its mother. He went on to say that once we grow up, it becomes our duty firstly to show our Master that we are now capable of taking care of ourselves, in the sense that we don't bother Master or cause him any worries and that we become responsible adults in the spiritual path. Sis. Niharika then recited some of her poems filling everyone's hearts with love for the Master.

Master went through the extra trouble of meeting with many abhyasis in several batches throughout the day. By dinner-time, he was completely exhausted. Still, he took the time after dinner to meet a few children, and just when it was time for him to rest for the day, he still decided to go to his office and worked on his emails for 30 minutes more.

He lives the perfect example for all of us to see and emulate. The question we should all ask ourselves is, are we "In His Footsteps"?

#### Messages from Babuji

**1 January 2012**

*"Sunday, January 1, 2012 - 10:00 a.m.*

*A new year is beginning for the Mission and for each of our participants, with the opportunity to carry on their quest for the divine by following our teachings. You can see, more particularly from the beautiful letter sent by this American brother (Rob Klinger), the impact of these writings in the world. This is an example of a right understanding of the messages. Their action goes far beyond a mere reading. This feedback testifies to his broad open-mindedness, which we highly appreciate. Time will give to these writings a place, which you cannot imagine. All this should reas-*

*sure you forever. Was it not said one day about this that today's sceptics would become fervent tomorrow? We cannot force things; that is the way it goes. Our Mission continues to grow and reach out to hearts. The divine laws operate in their own way and wonderfully in terms of their manifestations in this world. This New Year will surprise you in many ways. Be at peace and Centred on the essential: that which is important in life, i.e. spiritual growth as a source of true joy, an unfailing one. Blessings to all on this first day of the year! May it be very fruitful on the spiritual plane! Babuji Maharaj"*

#### About Master's travels

Babuji's message to Master sent on the 22 December, 2011, implores him to make a change in his style life. In view of this, he has cancelled his tour of North India and will be available at Manapakkam for those who wish to meet him.

Below is an excerpt from Babuji's message:

*"...You have given so much of yourself over all those many years; it is time for a change in your lifestyle that is no longer suitable to the reality of a very tired physical body. Your body deserves every possible care: rest, tranquillity, and all the attention required by your divine person.*

*... You have given the maximum of yourself; what more do you want? Travels are no longer needed at this point. We cannot stand your health be threatened like that. This is today's instruction; it is the highest expression of our love because your well-being matters to us more than anything."*



**Oceania/  
South  
African  
Seminar  
in Chennai**





**Oceania Seminar December 2011****My first visit to BMA, during the  
South Africa/Oceania seminar**

Pratibha Datt, Suva Centre, Fiji

The golden moments are hard to write in words. I had tears of joy when I first saw Master sitting so close to me and his looks and smile gave me tears of joy, "the tears did not come out of my eyes & wash my face, they came out of my heart & washed my soul".

On the first day back at work, a colleague told me I was glowing with something undefinable. I told him it was my Master's grace. I feel as if I'm still wandering around the Ashram. I hope I am able to keep the condition for as long as possible. I am already planning and hope to be able to attend a bhandara in India. I wish to take my two sons with me so they can also experience the joy I felt.

**The joy of being  
with him****Australia**





## Oceania Seminar December 2011

Peni Moore, Suva Centre, Fiji

After more than twenty four hours in the air travelling from a small island in the Pacific to the land of India the four of us from Fiji staggered out of the airport to be assaulted by sound, people and traffic. Sashi our experienced sister led us and we travelled by Taxi to the ashram. All of us were trying to absorb as much as possible as we travelled, cars, bikes, people, cows. All so much and so rapid. Then we turned into the gates of Manapak-kam to realise that people were lining up "Master was coming". Well we dived out of the taxi threw our bags to the side and lined up. What a way to begin! Master drove in, smiled and waved at us and our hearts leapt with joy. And that was just the beginning. I had kept saying all I wanted is to sit at the feet of my Master. I only had ten days at the Ashram but I was blessed to sit at the feet of my Master four times. Speak to him, hear him speak and sit in satsangh with him. So much more than I expected. Prathibha, a new abhyasi from Suva centre whispered to me that her dream was to see and hear Master give a speech just like on the DVD and so of course this happened and she was able to hear Master give a talk to the Oceania group. This year there were four of us and we just hope next year it will increase after our enthusiasm rubs off on our sisters and brothers in Fiji.



Being with him





**Oceania Seminar December 2011 cont.****Sujatha Bhagavan, Wellington, NZ**

"The Oceania seminar was a wonderful and memorable experience. Master in his great kindness gave most of us lots of opportunities to see him in the cottage and some of those who missed got an opportunity to see him when he went around the ashram in the buggy. However everyone got an opportunity to be with him and dine with him on the final day. Brother Kamlesh, in his speech said that Master is very very tolerant and even more tolerant and forgiving than Babuji Maharaj. I could really feel and experience Master's tolerance on several occasions during this seminar.

Personally, I was in tears, full of joy when I had a repeat experience of receiving prasad from his hands.

During the Oceania seminar in October 2010, I was fortunate to receive prasad during the dinner gathering with the Master. I was anxiously waiting to hear the dinner announcement during the recent seminar. After it was announced, I was quite excited and prayed for Master to give me one more opportunity to go near him and get some prasad before the dinner. The day arrived and as usual Master was surrounded by lots of people. I was just sitting and waiting for the crowd to clear. Everybody went for dinner and only a few abhyasis were sitting around Master. I went around quietly and sat on the floor close to Master waiting anxiously to seek Master's attention. A few abhyasis came to Master and received a grape each as prasad and they went for dinner. After he gave prasad to three or four abhyasis he just looked at me and signalled me to receive Prasad. I took a sudden leap to get prasad from him and thanked him.

I was very sad to leave the ashram when the seminar ended. "

**Narayan Mani Wellington, NZ**

From thoughts and experiences I heard from others, the hunger to see Master had never been tested like this before. For six days or so, many abhyasis waited at the gate to get a glimpse of Master. There was a lot of confusion as to why they could not see him. I still remember one morning after the 6:30 a.m. meditation (the day before the seminar was to conclude), a number of us rushed to the gate, especially keen as news had circulated that Master was planning to return to Gayathri. This prolonged wait concerned me. I was not sure whether I would ever get to see his face or rather, him, face to face. Showing frustration in a physical manner is very easy to do, but to hold it in, that is not easy.

Being disappointed, I walked away from the gate, putting my head down, eating my food without noticing the taste. It so happened that at 2 p.m. that day the front seats of the seminar venue were reserved for abhyasis who did not see Master in the cottage. At that moment in time, everything made sense to me.

Master always says that each abhyasi has their own spiritual journey, never the same. The meaning of the stories Master has mentioned in his talks became apparent for me and I saw clearly.

Tolerance

Patience

Faith

Internalize

These four key words so pertinent to me; I realized then and there. Most of us, who have read his books, listened to his talks and read Whispers, share the experience that in most everything we do, such as writing our examinations, going for interviews organized by a big firm, etc., we normally get an immediate outcome. Master has a plan for each one of us and taking heed of those four keywords helps us understand and see it clearly.

Internalizing ourselves when it comes to a seminar in Manapakkam is very hard because we know Master is physically in the ashram, and naturally we have a tendency to want see him in the physical form. What I experienced again and again in this seminar was the need to internalize instead of standing in front of the gates and craving to see his physical presence. In the youth discussions, this word 'internalize' kept coming up; the idea of keeping Master in our heart and having faith that you will get to see him in person sometime during that seminar.

By the end of the seminar, I learned the key to unlocking the true potential that was inside of me. Maintaining discipline in the practice will get me close to Master, but my attitude in doing the daily practice will result in a much closer relationship with him and it does not have to be in the physical sense.







## Oceania Seminar December 2011 cont.

**Rohan Kulkarni, Wellington, NZ**

This seminar was a very special occasion for me. I had three goals to achieve while in Chennai. One to be with Rev. Master, get his blessings for my newly wedded life and attend the Oceania South Africa youth seminar.

We reached Chennai on 15 December and went straight to the cottage to get a glimpse of Master, however later learnt that Master was away at Gayathri. We were unable to see him for the next two days. It was 17 December, Master was back at the ashram and my wife and I were waiting outside the cottage to meet Master. Tejashree was going to leave Chennai in three hours time so I was getting very impatient to meet Master and get his blessings for our marital life. The regular cottage abhyasis were having their workshop, and I had no contacts inside the cottage to meet Master personally. I was feeling quite upset with this and had given up hope of seeing him. Then a thought arose in my heart. Am I depending on the people around Master to see him or on Master himself? This made me do a silent prayer to Master to help us see him and get his blessings. It's all about surrendering your heart and having the real craving to meet Master. Within thirty minutes the gatekeeper allowed us inside the cottage to meet Master and Master blessed us and gave prasad.

We youth were planning for this Oceania South Africa youth seminar for the last two months and were looking forward to meeting and growing together. We had a collection of speakers and a host planned for all the days. A total of eighty youth attended and the environment was full of energy and enthusiasm. It was fun each evening to sit along with Ruchi and Karishma to plan for the next day's hosting ideas. I get stage fright, but it made me marvel, how with Master's grace one can overcome fear. Each day we did a small skit or introduction before the actual speaker's talk. On the *Brotherhood* topic we questioned ourselves, why do we call each other brother and sister and not uncle and aunties? Why is it called brotherhood and not sisterhood. On the *Mission work* topic, we played a small skit of forcefully helping each other cross the road in the name of service. And for the topic *emulating his ways*, we dressed up like Master and imitated him. These introductions helped speakers to jump straight into the topic and helped youth to recognize the differences.

The time spent preparing for this seminar and being present in Chennai was a blessed part of my life. We hardly saw Master for the first couple of days, but it made us truly understand the real meaning of the theme "**I have always been HIS, but has He ever been mine?**"

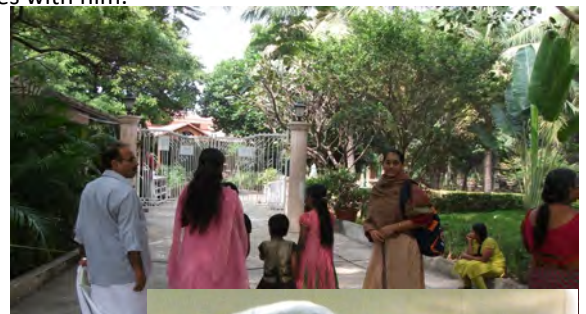
**Elizabeth Crichton, Sydney, Australia**

Well Master did it again! We went with no expectations or did we? We were issued with a tentative programme similar to the format of our previous seminar with Master, so were all geared to settle into the same routine, talks in the morning, some free time in the afternoon or maybe a talk and other activities interspersed. But no, first day, Master says 'no programme' and then the same for the next two days as well! Those of us who had arrived directly from home revelled in the opportunity to just 'be' with him however there was the odd groan from those who had just returned from the extremely structured, wonderful programme at CREST, Bangalore. Master was working hard on us and we were waiting expectantly! Once Master was ready he invited a number of speakers to shower us with goodies with a focus on our practise and a different way to offer Sahaj Marg to others. With hearts and now heads full, we were delighted that Master generously gave of his time and energy to be at our AGM and also hosted dinner with us.

What joy we have such a wonderful, wonderful Master !

**Anu Pandhi, Sydney, Australia**

I wanted to meet him and made every effort to go inside the cottage but somehow it didn't work out. There was definitely an immense feeling of love and knowing that he does reside in my heart and we are able to communicate well. The same feeling continues here in Australia. And my spiritual journey continues with him.







## Oceania Youth Seminar December 2011

Ruchi Phool, Sydney, Australia

The preparation for the program began with much zeal and enthusiasm. We had representatives from different centres in the Oceania and South African regions and an approved proposal as a guideline to start off with. After a few tiny jerks, stretches and hiccups the project took it's first baby step.

Then started the Skype calls held on most Saturdays. The gusto was matched only with the detailed and meticulous planning. Each call had a set agenda and goals to be achieved. We started off by warming up with the planning team members and were joined a bit later by the YAB organising team from India, much to our delight! It was decided that we would plan and act as facilitators in the program rather than being in the forefront (which was eventually not to be). The program was structured to allow us to be as flexible as possible to allow for last minute changes. This proved to be rather useful since the final program turned out to be a mere portion of what was originally planned. It was marvelous to see his plan unfold so beautifully and take wing in front of us all.

Even before Day One of the program, word of the youth event was abuzz amongst all Oceania seminar attendees, youth and adults. The adults seemed as eager for it to start as the participating youth! All adults and youth were invited to attend the speeches planned and Br. Mohandas Hegde, our opening day host, lightened our spirits before the start of the program with anecdotes from experiences of the youth with Master. How we longed to be part of those!

The number of youth who registered was beyond the number we expected and that was the first sign of encouragement for the planning team. Br. Mohandas started with an ice breaker for the participants which built the tempo. Captain Chakrapani's energetic speech added to that and so the program started to our satisfaction and delight. From the first day the youth could be seen mingling, getting to know their brothers and sisters from other centres and getting really busy with the program! Each team was assigned Mission work to perform on Day Two and were asked to present their experience of it. The work was done so diligently that it did not escape the eyes of a single abhyasi present in the ashram at that time! The team that worked in the kitchen got away with a less conspicuous task. I'm sure everyone got their chance to grumble when we were all asked to deposit our mobile phones outside the meditation hall! In this way, a considerable number of our brothers and sisters got their first experience of participating in Mission work, getting to know each other, other abhyasis, learning more, growing more and enjoying themselves in the process. There was renewed vigour and involvement by the participating youth on Day Two. Br. Harshal Jawale presented on the Youth Awareness Booth and conducted a spirited question and answer session followed by a short video made by the New Zealand youth on how they feel about being part of Sahaj Marg. Day Three had a feedback session in store, replacing the original program planned and this revealed much about the training needs of the youth in the mission.



This was followed by a more pompous Day Four when all participants presented their 'task of the seminar'. This turned out to be most enjoyable at the same time revealing the insight that participants had gained during the last three days. By this time most youth participants seemed utterly exhausted, though merely at a physical level. The program ended with a surprise performance by the Indian planning team members adding pizzazz to the event and ending it with a bang!

Some insights:

- \* Appreciating what Mission work is about and getting the magical feel of performing it. Most youth reported having a very 'different' feeling of satisfaction, enjoyment and fullness of heart in spite of being dog tired
- \* One of the day's themes was 'Brotherhood'. The program worked wonders in binding us in that delicate loving thread of brotherhood.
- \* Getting to know other youth from different centres and regions
- \* Learning more about the Mission, Master and method
- \* Learning about 'how I can contribute' to the Mission and the whole scheme of things in general
- \* New talent was discovered in different areas like leadership, singing, creativity and many more areas
- \* Youth discovering their own potential
- \* Gave invaluable experience to the planning team members for organising, hosting and facilitating such events
- \* A most amazing learning experience for all who were part of it
- \* Channelling precious youth energy
- \* Amazing synergy!



## Oceania Youth Seminar December 2011

### SADHANA: JUST DO IT!!!!!!!!!!!!

**Shalini Rajesh, Sydney, Australia**

I would never consider myself a youth, being a mother of an eleven year old but thanks to the organisers and coordinators, they increased the age limit for youth and I was able to participate in the youth workshop held in Manapakkam during our Oceania seminar. I was very enthusiastic as I registered.

It started 17 December and lasted for four days, every day we met at 2:00 p.m. and started with thought provoking talks by different speakers on the day's topic. We were divided into discussion groups of around twelve to fifteen people and the name of my group was "Sadhana: just do it". Each group was asked to come up with an activity to demonstrate the theme and it was really nice working together on this. My son Raghupati was also actively involved in the group and this proved to be a really a good experience for him.

All the teams were told by the coordinators to participate in a voluntary activity. Our voluntary activity was washing dishes in the canteen. This proved to be the best time to get to know others in the team.

On the last day we had to present our team activity, the best part being that we all were working together, connected by a thread with no barriers of gender and age. Every day our last activity as a group was to meet at a designated place at 9.00 p.m. and do the Universal prayer together.

At the end of the Oceania seminar, we had a scrumptious dinner with Revered Master.

**Mehak Vashist, Auckland, NZ**

There could not have been a more pleasant time to visit Chennai, but to attend the Oceania seminar along with a youth seminar and for some of us who were lucky, to attend the Bangalore CREST training course.

The youth seminar this time was special; it included a variety of people from all across the globe — Australia, New Zealand, Fiji, New Caledonia, South Africa and India. The focus of the seminar was on regular practice and challenges that we commonly face during our day to day life. Along with the technical aspects of SRCM, participants were divided into four groups on the first day and we were given different activities to perform at the closing session.

During the seminar we also had a special session with Br. Bhargav, Sis. Madhuri and Br. Sahaj on how the youth of Sahaj Marg feel about the system, and whether or not the daily sadhana can be easily performed in our daily schedule. One interesting topic that arose was, how comfortable the youth feel when it comes to talking about Sahaj Marg in public and to an outside audience. This question had a mixed response. As a group we were asked to reflect on our own personality and how we can present ourselves as a mirror image of Sahaj Marg, one of the best ways to present the Sahaj Marg ideology.

The Youth Seminar also gave us an opportunity to discuss what activities SRCM youth around the globe were involved in.





**Practice and Attitude towards it**

Rajesh Kumar, Sydney, Australia

With much eagerness I was waiting to attend the sadhana programme in CREST, Bangalore in December 2011. It was a six day programme, each day packed with events starting from 4.30 a.m. until 10.15 p.m. The main focus was on the basic practice of Sahaj Marg.

There were presentations on the Goal, Meditation, Cleaning, Prayer, Ten Maxims, and Role of the Master. It was an experience in itself – an inspiring one. A few things surprised me – presenters were of various age groups but their depth of understanding was reflected in the way they explained these topics. More astonishing was that most of them prepared their presentation based primarily on 'Complete Works of Ram Chandra' ( Babuji) Vol 1, The Role of the Master in Human evolution, and Principles of Sahaj Marg. I more or less knew the import of doing the practice well but here I felt that it was being explained to show us why we should do our practice diligently, sincerely and how important it is to do it as prescribed.

Just after that I went to attend the seminar in Chennai. There also I found various speakers mentioning the importance of not only doing the practice sincerely but also the enormous benefit of having the right attitude in doing the practice.

Emphasising the attitude aspect of the practice, Kamlesh bhai mentioned that on one occasion he shared the same hotel room with Rev. Master. He saw that Master woke up in the morning, sat down in the bed with his legs and hands folded and then closed his eyes. At that stage Kamlesh bhai felt a total change in the atmosphere; it became very pleasant and joyful. He was very surprised. Master was in that state for couple of minutes and afterwards Kamlesh bhai asked him, what he was doing? Master replied that he was offering prayer to Babuji Maharaj!

In another speech during the seminar, Kamlesh bhai mentioned that in Sahaj Marg we have three main aspects of sadhana – Meditation, Cleaning and Prayer. If we miss even one of them, he compared it with running a business with a thirty three percent loss. He posed the question for us to imagine how long we can run a business like that? This made me think that the fifteen minutes prayer at bed time is equally important and more so. This can make seven to eight hours of my sleep into 'undisturbed meditation' if I put my heart into doing that with the right attitude!







Oceania abhyasis at CREST cont.



Crest participants



Classes and meditating in  
Master's cottage





### An experience at CREST, Bangalore

Mary Butler,  
Dunedin, NZ



Every spiritual journey should include encounters with a tree and mine was with the Kapok tree at the Lal Bagh gardens, known by Master as his brother. There is a photo of this 200 year old tree, the largest specimen of its type in the world, on the wall in Master's cottage at CREST (right above) and I became aware of it during the 'golden hour,' the time of mindful silence variously loved and detested by abhyasis.

I was not at all motivated to visit the tree, especially since the proposed trip to Lal Bagh gardens seemed to offer a blissful few hours in the library at CREST. This tiny library is a treasure, filled with books that Master has personally chosen. However, when my sister suggested that the visit to Lal Bagh was a personal gift from Master there was really no choice but to listen and go gracefully.

We set off on a hot day, traveling by bus from the exquisite CREST, where we were protected as monks in a monastery; into the Bangalore bustle, where crossing the road safely is nothing short of a miracle. At Lal Bagh we trooped off to the Kapok tree, one of the seven wonders of the tree world. It is huge and utterly beautiful, with a smooth grey bark that wrinkles where it joins with branches. We posed for group photos, sitting like a rock band on the magnificent roots, then sat separately for a short meditation.

The group moved on through the gardens, while I used my crutch and (temporary) limp as an excuse to stay put. I pottered around to the side of the tree less exposed to passers-by and climbed into a comfortable little nook high up in the roots, closed my eyes and the connection between my heart and that of the tree began a journey that still continues. My eyes softened and they opened to find brothers and sisters there, all of us connected to the same origin: lovers pressed against each other in the narrow space between two trees opposite me; a group of young engineering boys called me aunty and took photos with me, as though I was part of the tree; a gaggle of children came by and we teased and joked without any common language; the women sweeping leaves in their saris climbed up the tree took me by the hand and convinced me it was time to go. Of course the timing was perfect, because at this moment the Crest group was just passing on their way back from the tour of the garden.

Back at Crest we continued to rise early and move cheerfully with the bell; more golden hours and seminars with learned speakers; exercises on the rooftop with South African brothers; shramdan for gentle work. By the end I was still a little troubled by the lack of time in the library, but was resigned to the idea that it was like visiting a magnificent art gallery – it would only be possible to take in a little. On the last night the brother librarian divined what was in my heart and he brought me book after book: the Bhagavad Gita for Daily Living by Eknath Easwaran; an Introduction to Buddhist Ethics by Peter

Harvey; The Alchemist by Paulo Coelho.....the list covered several pages, a beautiful snapshot of a precious collection of books.

It was time to go to the Oceania seminar back at Manapak-kam: Master was drawing us towards him, like the roots of the Lal Bagh tree; we were as prepared as we were ever going to be to meet Him; there was not a minute to be wasted...it was time to bring greetings from the heart of the Lal bagh tree to Master.



Botanical gardens, Bangalore

### CREST Centre for Research, Education Sadhana & Training

Dixie Dunford, Newcastle, Australia

I had often been told by other abhyasis that CREST was a great experience which I found it to be, that and much more.

We were invited to attend the program 10 –15 December. The wake up bell sounded at 4.30 a.m. and lights off at 10.00 p.m. We were so beautifully cared for by "our Director" and "our Manager" (the inverted commas are for those who attended.) They ran a very tight ship with such love and humour, that it was infectious. I realised very early on that we had landed in a spiritual boot camp, which I thrived in.

Everything, including ourselves was treated with such care and respect. The food was amazing and served with smiling faces. The main part of the day was for the training programme, with time also allocated for meditation and contemplation (golden silence). The lectures were professional and also **very** inspiring. Their approach was both scientific and heart felt.

Meditation began at 4.45 a.m. in the outside meditation hall. The weather was quite cool and comfortable. The CREST site in a beautiful garden, filled with the sound of birds. I felt in the early mornings even the birds were there to assist my meditation!

I won't say too much about the program, better to experience for yourself.

I really enjoyed the experience and learnt a lot of small things which make a really big difference to our practise in achieving the goal. Mostly what I felt was inspiration and of course deep gratitude and thanks to Master and all those who supported his work in his atmosphere of divine simplicity.





## Ashram News



### Update:

John Smith VP, Brisbane, Australia

The wonderful news is that on 12 October 2011 we finally received the DA approval for our Ashram site in Bringelly. It is definitely welcome news after so much work and negotiation with Council over the development proposal. However, the not so good news is that there are some conditions prescribed such as road widening and the instalment of a two and half metre pedestrian bikeway/footpath at the front. Both of these will add considerable unexpected costs. We are now looking at ways to appeal these conditions and are seeking advice from our town planner. We have been working on our budget proposal and after receiving quotes from various providers have recognized the need to simplify some aspects of the building design in order to start the first phase of the construction. We are negotiating with one of the building companies about developing this phase within our budget, and this will also include costs for project management, overseeing all areas of the development including site development, car parking and obtaining all construction certificates.

### Other news and developments:

A Youth weekend was organized 16 & 17 October mainly to use the youth power to carry out some work at the Bringelly Ashram including;

- Replacing filters and cleaning elements for the water filtration system
- mowing all areas of the ashram
- Completing the fencing of the property so that it is 'dog proof'.
- Commencing an inventory of native plants in the Bushland Area as per DA requirements.
- Commencing the weeding programme as per DA requirements.
- Fencing the bushland area to allow re-growth of native plants
- Cleaning the house and Children's Room
- Cleaning gutters and down-pipes for water tanks

Saturday 19 November, there was a working bee for the refurbishment of the stables and an ashram cleanup was organized.

### The work carried out :-

- replace first stable room with wide double door
- mow all the lawns of the ashram
- clean the ashram
- replace the oil in the ride on mower
- Learning how to weed to encourage regeneration of native species



**Refurbishment  
of the stables**





## ECHOES OCEANIA NEWSLETTER

# United Nations International Days Celebrated in Oceania

**Project:** United Nations International Day of Peace

**Country of event:** Australia and New Zealand

**Places of event:**

- **Australia:** Sydney

- **New Zealand:** Dunedin and Wellington

**Date:** September and October 2011



This year's U.N. observance focused on women and men everywhere demonstrating the power of connection by their reaching out to one another, and rallying together. The focus was dignity and human rights with the slogan: *Make Your Voice Heard*. To this end, the programme included various contributions such as a video from TED, children's presentation where they talked about their views on what peace means to them and how we can build a peaceful world around us. The final presentation was a melodious choir performance in Sydney. Dunedin had a relaxed event over a cup of tea and in Wellington, an impromptu discussion on some of the quotes preceded a youth premiere show of their short film on UN World Peace Day. It included a poem written by our very talented Sis Vijaya Tatineni from that centre. Everyone was amazed and touched by the film and it was presented also during the youth seminar at the Oceania and South Africa meet. A great effort by the youth, who attended the event dressed in white T shirts hand painted for the occasion (see photo above).

**Project:** United Nations Universal Children's Day

**Theme:** "Change Your World"

**Date:** August 2011

Universal Children's Day was first proclaimed by the United Nations General Assembly in 1954 as a day to promote mutual exchange and understanding among children everywhere and to initiate action to benefit and promote their welfare.

Only Perth centre commemorated this event this year. There was a skit with the kind hearted Doctor, the kind nurse and the poor sick lady Gopi, Annanyia, Shriya and another skit entitled: The Kind hearted President, the Minister of health and the minister of Construction. Bavia presented a power point presentation she made with her wish for the world and the less privileged children. Pooja presented her prayer/wish she had written and also played the violin. The teenage team, sang a marvelous song for which they wrote lyrics and the music. It was very touching and even elicited an encore. We then had a minute of silent prayer followed by the children singing *Heal the World* with Lyrics on PowerPoint for everyone to sing along. French Dosa (crepes) was served, a delight for everyone. It was such a good event that no one seemed to want to leave!







# A Prayer.....

*I wish for one, I wish for thee  
My prayer for you means everything to me  
I ask for your help and for your blessing  
Please answer my prayer, don't leave me guessing*

*Bless my past, my present and my future with love  
Let prosperity fly further than the path of a dove  
My prayers for you is special, it wont ever cease  
You protect, help and love with the simplest of ease*

*When I study I pray to you  
To help me succeed in what ever I may do  
My prayer for you is important for me  
It removes my bad thoughts refreshingly*

*My prayers are filled with heart and admiration  
If only one day I could be a sensation  
When I chant your name nothing matters to me  
Your name is natural and beautiful-it is the key*

*All in all, my prayer for you  
Is bubbling with love, adoration too  
When I am frustrated and unable to see  
My prayer for you makes it all clear to me*

*I wish for one I wish for thee  
My prayer for you means everything to me  
I ask for your help and for your blessing  
Please answer my prayer and don't leave me guessing*

## The world breaks apart

Some look away

Some try to fight

And find a...

Way

We swear to fix the mistakes we made

So that we can save our world

Every time I close my eyes

I see the world changing around me

But now we see what we need to do

We need to fix the world

Make it better for you

The world cries out to us

Calling for help

We stretch out our hand

If we stay together

Nothing can stop us from winning

Every time I close my eyes

I see the world changing around me

But now we see what we need to do

We need to fix the world

Make it better for you

Every time I close my eyes

I see the world changing around me

But now we see what we need to do

We need to fix the world





## Centre News

### New Caledonia

October 29 & 30, our group in Noumea participated in a seminar on *Service* conducted by Bernard Fadda, a Prefect from France and Yvette, his wife. Each of us had to do some sort of service before the weekend was over. This seminar was based on one held in Paris, France two months ago. On Saturday, after the arrival of all our brothers and sisters, we had a satsangh and participated in exercises to highlight our knowledge of service. After lunch we did further exercises prior to doing our cleaning and satsangh.

Sunday, after the first satsangh, a questionnaire about how we see service being incorporated into our lives, enabled us to better understand it. Lunch was followed by "Heaven", a video of the December European seminar at Manapakkam and the day ended with a final satsangh.

The exchanges were rich and everyone could talk about their fears and limitations, and about their beliefs about service.

We spent a wonderful weekend thanks to Yvette and Bernard Fadda and experienced happy feelings of sharing and support !

Thanks from all of us, to Master !



Abhyasis in New Caledonia with preceptor Bernard Fadda and his wife Yvette



Brisbane Youth

### Brisbane

Youth in Brisbane making a barometer to give a visual account of our ashram funding situation.

## Sydney

### Abhyasi training programme—new version

From Saturday 21 January, Sydney centre is running the new abhyasi training sessions on a regular basis. The first one *Why Spirituality and Diary Writing* followed the new format of an intense all day session commencing with early morning satsangh at 7.30 a.m. and ending after the 4.30 p.m. satsangh. Those who attended thoroughly enjoyed the day and felt they had gained a lot of benefit both in terms of the aspect of the practice being presented, and in the brotherhood and joy experienced.

The second session is *Meditation* and it is highly recommended to take advantage of visiting all these sessions..a wonderful opportunity.

Wendy Wilson, Sydney, Australia

I attended the ashram for the first of the new abhyasi training for Sahaj Marg. I enjoyed the drive out to the ashram. I find it puts me into remembrance and opens my heart ready for satsangh at 7.30 a.m.

The topic was *Diary Writing and Why Spirituality*. I have struggled with my sadhana for two to three years so felt this was very timely.

It is said we get what we need, when we need it and I found this to be so.

We listened to DVDs of Master speaking on the topics, had a Power Point presentation and also reading matter. This was interspersed with sharing and clarification with the facilitator. We finished with another satsangh which I found to be very good.

I found this to be very helpful to my practise and enjoyed the reflective process of the whole day. My understanding has grown and I now feel I am back on the path.

### VBSE

With the start of the new year we are again running the VBE programme in two schools in Sydney starting with the value '*Truth and Wisdom*'.

In conjunction with this, we will be running VBSE sessions during Sunday satsangh for our own children once a month on Monthly Gathering days. We will be teaching the same value being taught in the schools.



*Calendar of Events 2012*

Date	Event	Venue	Contact
<b>February</b>			
2	Basant - Lalaji's Birthday	All centres	Centre coordinator
4	Sittings in ashram-	Bringelly Ashram	rklal@optusnet.com.au
5	Monthly gathering-We Grow Together	Sydney-Epping	rklal@optusnet.com.au
5	Group discussion after satsangh Maxim 8-The goal	Melbourne Dunedin, NZ	vsharma4@gmail.com Mary.Butler@op.ac.nz
11	Open houses	Sydney, Epping & Central Coast Toowoomba	rklal@optusnet.com.au drkumargs@yahoo.com
11	Abhyasi Training-Cleaning	Bringelly Ashram	rklal@optusnet.com.au
11	Preceptor visit and sittings	Canberra	rklal@optusnet.com.au
11	Preceptor visit satsangh	Canberra	rklal@optusnet.com.au
12	Satsangh	Kiama, South Coast Holgate, Central Coast	rklal@optusnet.com.au
12	Session on Meditation after satsangh Ashram planning and update	Dunedin, NZ	Mary.Butler@op.ac.nz
12	Open House	Toowoomba	drkumargs@yahoo.com
12	Prefect meeting	Melbourne	mohanaraga@gmail.com
18	Ashram cleanup	Bringelly ashram	rklal@optusnet.com.au
19	Satsangh	Wollongong, South Coast Valentine, Central Coast	rklal@optusnet.com.au
19	After satsangh-Session Role of the Master	Dunedin, NZ	Mary.Butler@op.ac.nz
19	Youth presentation	Melbourne	vsharma4@gmail.com
25	Sittings	Valentine, Central Coast	rklal@optusnet.com.au
25	Open House	Sydney, Toongabbie	rklal@optusnet.com.au
25	Prefect meeting	Bringelly ashram 3pm-5.30pm	rklal@optusnet.com.au
26	Brunch as fundraising Session on cleaning	Melbourne Dunedin, NZ	vsharma4@gmail.com Mary.Butler@op.ac.nz
<b>March</b>			
3	Abhyasi training-Prayer	Bringelly ashram	rklal@optusnet.com.au
3	Open House	Wollongong, South Coast	rklal@optusnet.com.au
4	Group discussion after satsangh-Cleaning	Melbourne	vsharma4@gmail.com
4	Monthly gathering-Service with Joy Monthly Gathering-Why spirituality? Session on Prayer	Epping Sydney All Qld centres Dunedin, NZ	rklal@optusnet.com.au danasm@primusonline.com.au Mary.Butler@op.ac.nz
10	Sittings	Holgate, Central Coast	rklal@optusnet.com.au
10	Youth Weekend	Bringelly ashram	rklal@optusnet.com.au
11	Prefect meeting	Melbourne	mohanaraga@gmail.com
11	Youth Weekend	Bringelly ashram	rklal@optusnet.com.au
11	Session Constant Remembrance Skype session with Wellington, NZ	Dunedin, NZ	Mary.Butler@op.ac.nz
11	Satsangh	Valentine	rklal@optusnet.com.au
17	Abhyasi training-spirit & Diary Writing	Bringelly ashram	rklal@optusnet.com.au
17	Canberra preceptor visit & sittings Moree preceptor visit and sittings	Canberra Moree	rklal@optusnet.com.au drkumargs@yahoo.com



*Calendar of Events 2012 continued*

Date	Event	Venue	Contact
<b>March</b> cont.			
18	Canberra satsangh Moree satsangh	Canberra Moree	rklal@optusnet.com.au drkumargs@yahoo.com
18	Speaking from the heart session	Dunedin, NZ	Mary.Butler@op.ac.nz
18	Satsangh	Holgate, Central Coast Wollongong, South Coast	rklal@optusnet.com.au
25	Workshop on Sadhana	Melbourne	vsharma4@gmail.com
25	Session faith, love & Surrender	Dunedin, NZ	Mary.Butler@op.ac.nz
25	Preceptor visit - sittings	Coffs Harbour, North Coast	rklal@optusnet.com.au
26	Satsangh	Valentine, Central Coast	rklal@optusnet.com.au
26	Satsangh	Coffs Harbour	rklal@optusnet.com.au
31	Open House	Liverpool	rklal@optusnet.com.au
31	Abhyasi training-meditation	Bringelly Ashram	rklal@optusnet.com.au

**Corpus Lifetime subscriptions**

"25 January 2012, Chennai

Dear Sisters/Brothers,

The Trustees of Spiritual Hierarchy Publication Trust have decided to discontinue the Corpus (Lifetime) Subscription scheme of books and magazines in all languages, including Audio-video publications from **1 April 2012**.

The abhyasis who wish to participate in the scheme can send their donations to SHPT as soon as possible, so that the same reaches us by 25 March 2012. No instalments will be accepted and only full donations received will be enrolled. The corpus scheme stands discontinued with effect from 31 March 2012.

The commitment to all the Corpus members who enrol by March 31, 2012 will be honoured. All existing corpus members who have paid in instalments are requested to complete their full payment by 31st March 2012. No new membership for publication corpus will be accepted with effect from 1st April 2012."

*The Spiritual Hierarchy Publication Trust.*

